



Aqua Master

USMS 2004 Newsletter of the Year

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“Swimming for Life”

USMS Swimmer Magazine

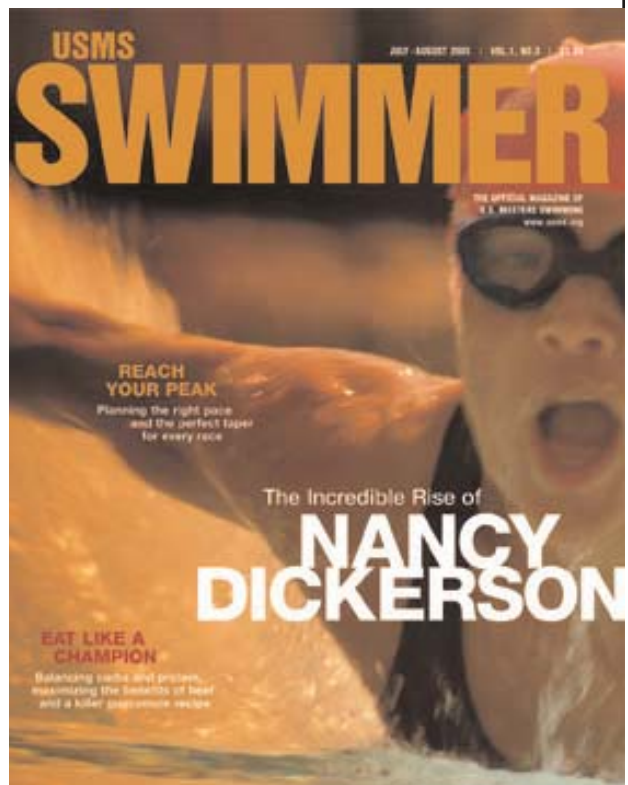
Many of you received the latest issue of SWIM Magazine and saw the reference to the cessation of that magazine as United States Masters Swimming's official publication. Unfortunately, it was not made clear that USMS will have a new official publication for its members in 2005. Here is additional information about the periodical.

USMS's contract with Sports Publications, the publisher and owner of SWIM Magazine, will expire at the end of 2004. Beginning with a March/April issue, USMS members will receive another publication with a new and exciting format. It will also have a new name, 'USMS SWIMMER'. These developments followed a year-long and complex process of request for proposals, submissions, interviews, comparison, and evaluation. The 2004 House of Delegates voted to accept the recommendation of the Executive Committee to enter into a relationship with Douglas Murphy Communications to publish our magazine. USMS will own the magazine and its contents. While we specialize in content and service to you, both fitness and competitive athletes, Douglas Murphy will specialize in production, design, graphics, and writing excellence.

This opportunity is exciting to us. USMS is a dynamic organization which is unique among all masters organizations. We have become unique by dedicating ourselves to insisting upon excellence in education and service for all of our members. We are constantly looking for opportunities to enhance this service. The new publication will offer us the next level of service by allowing USMS to control quality and ensure that our members' needs and interests are being addressed. A transition team composed of representatives from several areas of USMS is hard at work to assure the best product for our members..

Your new national publication will not have a new price tag. All the costs of development will be done within the current budget with no dues increase needed. I appreciate your feedback as we implement this change and work to provide the best service to you.

Jim Miller, MD - President, USMS



Prototype Cover of new USMS Swimmer

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Jody Welborn - New OMS Chair



Jody Welborn is your new OMS Chair. Jody brings a wealth of experience to the Chair position. She is active on the USMS Sports Medicine Committee and was a featured presenter at the Convention this year. She is also on the Fitness Committee of USMS. She has served as the OMS Secretary and is the current OMS Safety Chair. With Jody becoming Chair the position of Safety Chair is now open. If you are interested please contact her.

Many thanks to Jeanne Teisher, the retiring Chair for her years of service and to Sandi Rousseau, the Co-Chair the past few months.

The people behind O.M.S. Inc.

Chairperson of the Board

Jody Welborn
6687 SW Canyon Dr.
Portland, OR 97211 - (503) 297-5889
jowelb@teleport.com

sVice Chairperson - Sanctions

Alison Moore
1158 SE 56th Ave
Hillsboro, OR 97123 - 503 649-8543
swimshark@earthlink.net

Secretary

Rich Minter
2725 NW John Olsen Ave #C32
Hillsboro, OR 97124
rich.minter@verizon.net

Treasurer

Doug Christensen
11700 SW Ridgecrest Dr.
Beaverton, OR 97008 - (503) 754-2747
dchristensen@rivermarkcu.org

Registrar

Darlene Staley
8590 SW Charlotte Drive
Beaverton, OR 97007 - (503) 642-3586
dstaley@pcc.edu

Aqua-Master Editor

Dave Radcliff (503) 648-7141
dave@theradcliffs.com

Data Manager (for swim meets)

Gary Whitman
OMS Data Manage PO Box 1072
Camas, WA 98607-1072 (360) 896-6818
all5reds@msn.com

Officials (for swim meets)

Jacki Allender (541) 753-5681
seewun@proxaxis.com

Host / Social

Ginger Pierson (360) 253-5712
gingerp@qwest.net

Fitness Co-Chairs

Sara Quan squan01@earthlink.net
Jani Sutherland jani@athleticclubofbend.com
(541) 389-7718

Safety

TBA

Coaches

Jon Clark (503) 614-7278
jclark@pcc.edu

Awards

Pam Himstreet (541) 385-7770
himstreet@bendcable.com

Historian

Earl Walter

Records

Bert Petersen (503) 252-6081
petersen@exchangenet.net

Membership

Tia Sitton tsitton@samhealth.org
H(541) 367-1323 W(541) 812-4127

Long Distance

Bob Bruce bobbruce13@attglobal.net
H(541) 317-4851 W(541) 389-7665

Web Master

Robbert van Andel
robbert@vafam.com

Top Ten

Ann Goodman (541) 298-4260
edann@charter.net

Short Distance

Robert Smith (503) 244-3739
dobbssmith@comcast.net

Past Chair

Jeanne Teisher (503) 574-4557
jteisher97007@yahoo.com

Chairs Corner by Jeanne Teisher

Farewell as Chair

After 52 months as the OMS Chair, I have passed the "gavel" to Jody Welborn. I will continue serving on the board as Past Chair, until Jody's term is over. When Jody agreed to accept the position as Chair, I was very pleased. I have known Jody, a cardiologist at Providence, for a number of years and have served with her on committees and boards. She is intelligent, insightful, dedicated, innovative and hard working. OMS could not ask for a better person to lead the organization. I personally look forward to working with and learning from Jody.

As I reflect back on the past 4+ years, I am amazed at all that has changed or occurred. I have listed a few of the highlights below:

- OMS board meetings went from 3+ hours to 2 hours or less. The reason for this reduction in time is due to board members submitting committee reports, via email, prior to board meetings rather than at board meetings. Also, any issues that required board action were discussed, sometimes in length, via email. By the time we met at the next board meeting, the issue became an action item ready for a board vote. Little discussion was required at a board meeting. If an issue was presented at a board meeting and required more discussion than time allowed, it was usually tabled to email for discussion.

- Another board related highlight is that our board now represents many areas of our state (Portland metro area, Bend, Sweet Home/Eugene, Corvallis, Hood River). In order to allow ALL board members to participate in board meetings, which are usually held at Nike, board members can attend either in person or via conference call. At our December board meeting, 16 out of 20 board members attended either in person or via phone.

- To better communicate with our membership, we set up a Yahoo! email group. In order to keep the group list accurate and up-to-date, an OMS member now works on the email group regularly, updating and adding email addresses, as necessary. This will allow the board to better communicate with the membership.

- Last year, the OMS newsletter, Aqua Master, was voted as the best newsletter among all the newsletters within USMS. I definitely know why we received the award! Dave Radcliff, along with the support and assistance from his wife Nancy, is always finding new ways to better that particular form of communication with our membership. In 2004, we began emailing notices, to individuals who requested, of when the newsletter was posted on the OMS website. The newsletter has improved in so many ways, in the past four years, that there is not enough room in the newsletter for me to list them all.

- Speaking of the OMS website, have you seen it lately? Robbert van Andel, the webmaster, has done a tremendous job at creating a user-friendly, interesting, accurate, informative, impressive website. If you need information about board meetings, swim meets, records, board member names and numbers, newsletters, links to other websites, list of area pools around the state, etc., the website probably has the information for you.

- OMS offers some of the best organized, well-run, fun swim competitions, both pool and open water, in the Northwest. In fact, swimmers from around the country have been known to schedule vacations to Oregon around certain competitions. Pam Himstreet, Sandi Rousseau, Bob Bruce, and their committees deserve recognition for outstanding work in achieving such high standards for the events.

continued on page 3

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.

Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Darlene Staley or Doug Christensen for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc. Information is also available on line at www.swimmoregon.org

Last Splash - "Coach Steph" Turner

TURNER, Stephani Lee (Coach Steph) passed away unexpectedly, November 23 in Lake Oswego, Oregon. She was born on September 8, 1961 in Dayton, Ohio and attended Fairmont West and Boston University. She was employed at the MULTNOMAH ATHLETIC CLUB (MAC) in Portland, Oregon. Steph began her coaching career founding Swim Rhode Island, then moved on to Cincinnati Marlins for 5 years. In 2000, she moved to Oregon where she was the head coach at the Eugene City Swim Club for one year. During her coaching career Steph has coached numerous Eastern, Central and Western Zone qualifiers; National Age Groups Top 16 swimmers, Junior and Senior National qualifiers, National Age Groups record holders, and assisted coaching several Olympians. She was also a past president of the Ohio American Swimming Coaches Association (ASCA).

Steph has won the ASCA Coach of the Year Award 3 times, including Rhode Island, New England and Ohio. She was also the recipient of the GCGL Volunteer of the

year award for her work with Special Olympic swimmers. In addition, Steph has coached with the USA Swimming National Select and Why Be

Dry? Camp program. At the MAC, Steph has coached both the Mighty MAC and MAC Masters Teams. She has served on the Oregon Swimming Review Board, was the Oregon Masters Coaches Rep and she was an active volunteer with Committed Partners for Youth, a mentoring organization for troubled teens. Beginning in January 2005 she was to become the MAC Swim America Supervisor, a comprehensive learn to swim program. To her, serving the swimming community wasn't just a job it was a way of life. In lieu of flowers contributions may be made to The MULTNOMAH Athletic Foundation, c/o MULTNOMAH Athletic Club in memory of Stephani Turner, P.O. Box 390, Portland, OR 97207.

"Hi, this is coach Steph! I'm either away from the desk right now or on the deck coaching our future Olympians. Go MAC!!



Be An Animal!!

On Saturday, January 22nd the 3rd annual Animal Masters Meet will be held in Canby. For those of you who haven't had the pleasure of attending in the past, I highly recommend this meet. Ken Schuch and the Canby Swim Team put on a great event. And where else can you swim a meet with such a diverse range of events?! Since there are only

3 events per "animal" category and the meet starts at 2pm, you'll be home shortly after dinner. What a great way to spend a Saturday afternoon.

For those of you who plan on attending the Association Championships, this meet is a great warm-up since Associations will be held in the same pool. So come out on January 22nd and be an animal! **Alison Moore - Vice Chair**



10 Reasons to do the One-Hour Swim

10. Groove your beautiful stroke.
9. Qualify for the Oregon Series.
8. Feel confidently smug.
7. Start your fitness year right.
6. Earn bragging rights with your sorry lanemates.
5. Enjoy a big dessert afterwards (or before, if

you're so inclined).

4. Make your team stronger.
3. Feel great when you're done.
2. Improve your aerobic capacity.
1. Because it's there.

Entry blank for the One Hour Postal Swim is included on pages 20-21



Chair's Corner continued from page 2

• Recognizing our volunteers was one of my primary goals during my 2+ terms as Chair. If it wasn't for the extreme commitment and hard work of the volunteers, both on the state and local levels, we would not have the type of programs we now have, in our LMSC, for swimmers. I continue to be impressed with the amount of time, energy, work, and financial contributions so many of our swimmers, their family and friends contribute to our sport and organization. We recognize a few of our volunteers at our annual awards banquet and I have attempted to highlight and recognize a few of the volunteers in my articles, but it is just a fraction

of the individuals that dedicate themselves to make our competition events and organization one of the best in USMS.

There are so many other highlights I can still mention but I know the amount of space in the newsletter is limited. I want to extend a sincere thanks to the OMS board for making my time as Chair interesting, rewarding, fun, challenging, and a learning experience. I would also like to thank the membership for your support, understanding and encouragement. The experiences I had as Chair will be ones I remember throughout my life.

Thank you, Jeanne

Swimming with JON



Jon Clark, Coaches Rep



Meet Your New OMS Coaches Rep

Jon Clark is the new OMS Coaches Rep. Jon is the Lead Coach of the Tualatin Hills Barracudas. He served as the OMS National Coach at the SCY Nationals in Arizona two years ago and last year he was the National Coach at the Indianapolis SCY Meet.

Those of you who have been at any Meet recently will recognize Jon as the OMS Host Coach. He is always willing to give a "helping hand" and a friendly word of advice to all swimmers. In his first article he takes a light hearted approach to "Why you should swim in a meet". There are entry blanks for meets in January, February, and March in this Aqua Master. Why not use one?

A good New Years Resolution: Swim in a Meet in 2005!

The thrill of competition, reaching personal goals, team goals, and catching up with our fellow OMS and MAC swimmers are just a few great reasons to get to some Masters meets this winter. Having meet goals may be that last bit of motivation we need to avoid turning off that early morning alarm clock! Here are a few less obvious reasons that may help us get those meet forms sent in.

Top Ten other reasons to attend a meet

10. To prove to my lane mates that I never need to do any Butterfly training by signing up for only freestyle events.
9. To justify spending \$150 on a full body suit besides helping me suck in my stomach.
8. I need an excuse to sleep in more often by tapering for several weeks.
7. I really miss trying to race with my goggles in my mouth after a block start.
6. I can dedicate several workouts to starts and turns instead of hypoxic training.
5. I need an excuse to wear only a speedo and flip-flops all day in January without being questioned by police.
4. I can sandbag my seed time and get coupons for free stuff by winning my heat.
3. I have too much Ben-Gay and Ibuprophen on hand and I need to use some up before the expiration date.
2. I can have someone else count to 66 laps for my mile, as

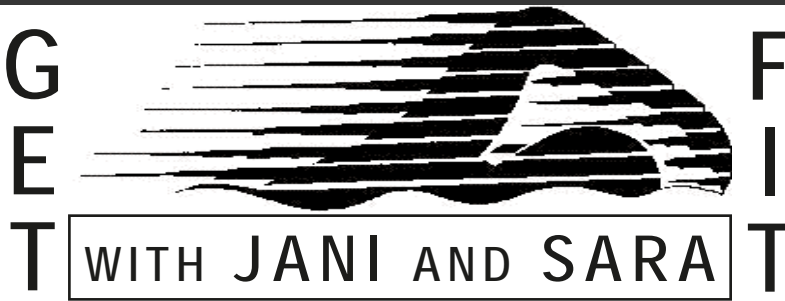
I can never keep track on my own in workout.

1. I needed one more excuse to go out and drink beer with my friends on the weekend.

Choose any combination of obvious or "other" reasons and get signed up!!



Host Coach Jon in action



Mindful Swimming, Mindful Living & 12 Keys to a Healthy Diet

Happy New Year! Welcome 2005 and welcome to all of our New Year's resolutions. Yes, it's that time of year again to set goals. How about being more mindful? Here's how to do it: pay attention to your thoughts, feelings, behavior & environment on a daily basis. It's that simple!

Mindfulness can enhance your swimming too; it can make it more fascinating, forgiving and effortless. Mindfulness allows for s-l-o-w-i-n-g down so we can observe and reflect on what is going on right NOW.

To work towards being mindful, ask yourself some of the following questions:

- What am I doing right now? What am I thinking right now? What am I feeling right now? What am I noticing right now?
- What am I doing as I work on my goals? What am I thinking as I work on my goals? What am I feeling as I work on my goals? What am I noticing as I work on my goals?
- What am I doing/feeling/ thinking/ noticing before I start working on my goals?
- What am I doing/feeling/thinking/noticing after I work on my goals?
- What external things are interfering with the accomplishment of my goals?
- What external things are helping me accomplish my goals?
- How can I be fully present to commitment today?
- What ideas, beliefs, and memories impact my learning goals?
- What is the music that describes this moment?

Happy New Year! Happy Swimming 2005! Stay Fit!

12 Keys to a Healthy Diet from the Foundation of Wellness courtesy of UC Berkeley

1. Limit total fat intake. Fat should supply less than 30% of your total daily calories.
2. Limit intake of saturated fat. This kind of fat is mostly found in animal products. This fat is responsible for elevating blood cholesterol levels in addition to other adverse health effects.
3. Keep daily cholesterol intake below 300 milligrams per day. The foods that contain cholesterol are animal products including, egg yolks, dairy products, poultry, game.
4. Eat complex carbohydrates. The foods rich in complex carbs include: fruits, vegetables, grains, and legumes. Carbohydrates should supply at least 55% of total daily calories. Complex carbs provide many vitamins, minerals and phytochemicals. Six or more servings per day can add up to 20-30 grams of the necessary dietary fiber.
5. Be cautious with too much sugar. Foods that are high in sugar are commonly high in fat.
6. Add colorful fruits and vegetables including carrots, broccoli, & citrus fruits. They provide antioxidants that act as preventative measures to enhance our health.
7. Protein is important for muscle repair and normal energy expenditure. Moderate portions make up about 12% of total daily calories.
8. Variety tastes better and is more fun! Eat a wide assortment of foods to ensure daily intake of the necessary nutrients. Try to get vitamins and minerals from foods.
9. Be cautious with sodium. It is recommended to ingest no more than 2400 milligrams per day. This is the same as about a teaspoon of salt.
10. Moderate alcohol consumption, if you drink alcohol. Moderate is one drink for women and two drinks for men, per day.
11. Balance and maintain a healthy body weight. Eat right and exercise!
12. If all else fails, a pint of Ben & Jerry's isn't that bad, is it?



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

We now have results for the 2004 USMS 3000 & 6000-yard National Postal Championships, and again Oregon swimmers showed great stuff! Oregon Records fell in droves, National Records tumbled, and 21 Oregonians became National Individual or Relay Champions. The Oregon Club won the National Combined Team Title in the 3000-yard event by a wide margin and placed second by a single point in the 6000-yard swim. Most importantly, more of us participated than in the past two years.

3000-yard: 45 swimmers from Oregon (43 OREG & 2 MACO) entered the event. Sara Quan, Barbara Frid, Lavelle Stoinoff, Dan Schmitt, Steve Johnson, Brent Lake, and Dave Radcliff each won the national title in their respective age groups, with Barbara and Lavelle each setting new National Records. Nine Oregon Relay teams won their events. In the team scoring, Oregon swept all categories—Women, Men, and Combined—for the second straight year, winning the Combined team title for the third consecutive year by more than doubling the score of the next team!

6000-yard: 11 Oregon swimmers (8 OREG & 3 MACO) entered this longer distance event. Sara Quan, Mary Sweat, Steve Johnson, Brent Lake, Dave Radcliff, and Ray Allen took home national titles, and two relay teams won in National Record time. Oregon tied for first in the Women's Team scoring, was second in the Men's, and finished second in the Combined team standings—by one point, for the second straight year!—to the strong Ventura County Masters (CA) squad. Oregon has a less enviable three-year streak in this event, finishing second for three consecutive years after winning the Combined team title in 2000.

Congratulations to...

- Our 9 individual National Champions (USMS Long Distance All-Americans!);
- Our 12 relay National Champions (USMS Long Distance Relay All-Americans);
- Our 2 National Individual Record breakers
- Our 2 National Relay Record teams;
- Our 12 Oregon Individual Record breakers;
- Our 7 Oregon Relay Record teams;
- Everyone who participated!

Look for the full results in this Aqua Master.

Postal series: Eight Oregon swimmers qualified for the

2003 Oregon Postal Series by swimming in three or more of the National Postal Swims during the year. Well done! Joni Young and Steve Johnson swam all five events, qualifying for the USMS Postal Participation Award. Better done! See the results in this Aqua-Master.

One Hour Swim: Remember to keep preparing for January's One-Hour swim, the ever-popular kickoff to the new calendar year. I emailed a One-Hour Swim packet to each Oregon Team Representative shortly before Christmas. This packet included information about conducting group postal events, a copy of the National One-Hour entry blank/split sheet, the Oregon Postal Series description, and a plea to participate. Organize, swim well, and have fun! The One-Hour Swim is a great fitness event and a wonderful way to kick off your fitness year. I would like to see more than 100 OMS-registered swimmers participate! 1 Hour entry blanks are available on pages 21-22.

Web materials: After an admittedly long delay (my apologies!), I have updated the Long Distance section of the OMS website, which includes the list of Oregon Long Distance Postal Records, a list of the All-time Oregon Top Twelve performers dating all the way back to the first One-Hour Swim in 1977, and an assortment of other historical goodies. Visit our website (www.swimoregon.org) to see your name and where you fit into this corner of Oregon swimming history, and make your plans to create more history this year!

Open Water notes: Although this news is a bit overdue, it's still pretty exciting. A team of swimmers from Rogue Valley Masters—including Greg Frownfelter, Dan Gray, Jennifer Griffin, Todd Lantry, Tucker Whitson, and Daryl Yasui—had a fine relay swim in the Maui Channel Relay in September. Two days later, they—along with COMA's Mike Marshall and Portland's John Keppeler—had a more challenging experience in the Waikiki Rough Water Swim, considered to be the toughest day in the event's long history. Facing of a stiff longshore current and fighting the rush of a full-moon ebb tide, swimmers struggled to make the 2.4 mile distance. More than 300 race starters needed rescue! Later in September, undaunted by these tales, RVM swimmers Daniel Greenblatt, Patti Halprin, Craig & June Mather, and Frank Phillips swam in the chilly Bay waters from Alcatraz to San Francisco, all placing in their age group. Congratulations to all of these intrepid souls! There is a big world of open water swimming out there, and not all of it is as tame as our Oregon lakes. It's worth a try!

Good luck and good swimming!

3000 / 6000 Yard Postal Results

Place numbers are National Places

OR = Oregon Record; NR = National Record

3000 Results**Women 19-24**

2 Hillary Madson 21 COMA 42:26.43

Women 25-29

8 Erika Gabbard 29 COMA 51:47.06

Women 30-34

1 Sara Quan 31 COMA 34:51.96 OR

11 Cyndi Smidt 34 COMA 47:58.60

12 Amber Fitzsimmons 34 COMA 48:47.81

Women 35-39

9 Connie Austin 36 COMA 45:32.01

11 Karen Daniels 39 COMA 46:09.96

Women 40-44

4 Karen Sadler 41 COMA 37:38.29 OR

6 Joni Young 43 SCC 40:25.94

9 Karen Allen 40 COMA 43:23.12

10 Joanie Krehbiel 42 COMA 43:25.28

Women 45-49

2 Mary Sweat 47 COMA 37:53.50

11 Tereasa Copeland 47 EA 47:01.99

Women 50-54

4 Cathy Imwalle 54 COMA 41:53.62 OR

7 Madeleine Holmberg 51 COMA 45:34.37

13 Calli Roberts 50 COMA 56:42.34

16 Stephanie Harris 54 EA 1:17:11.95

Women 55-59

7 Jani Sutherland 55 COMA 50:26.50

8 Ginger Pierson 58 MACO 50:50.49

10 Jan Plesner 58 EA 53:01.58

Women 60-64

1 Barbara Frid 62 THB 45:00.11 NR

3 Lynda Christiansen 60 EA 55:50.32

6 Gail Newton 60 EA 1:10:30.19

Women 70-74

1 Lavelle Stoinoff 71 MACO 45:35.99 NR

Men 30-34

1 Dan Schmitt 30 EA 36:19.46

11 Matt Eaton 34 EA 1:06:16.21

Men 35-39

2 Tim Nelson 38 COMA 35:03.46 OR

9 Steve Sloop 39 COMA 47:56.59

Men 40-44

10 Roland Giller 41 COMA 42:51.15

Men 45-49

2 Ed Ramsey 48 THB 37:49.01

7 Ron Thompson 45 COMA 42:50.25

Men 50-54

8 Mike Tennant 51 COMA 38:57.71

10 Kermit Yensen 51 THB 41:20.25

17 Steve Mann 52 COMA 43:50.53

Men 55-59

1 Steve Johnson 56 EA 36:01.26

3 Bob Bruce 56 COMA 40:22.25

8 Chuck Croal 55 COMA 50:24.90

Men 60-64

3 Tom Landis 62 COMA 39:44.78 OR

4 Ralph Mohr 63 COMA 45:10.27

8 Roger Rudolph 61 COMA 53:36.01

Men 65-69

1 Brent Lake 66 COMA 45:33.34

5 George Thayer 68 COMA 54:33.28

Men 70-74

1 Dave Radcliff 70 THB 41:35.47 OR

4 Nick Norton 70 COMA 56:48.46

Men 75-79

2 Ray Allen 78 SOM 1:13:31.06

Relays**Women 19+: 3 x 3000**

1 OREG (Smidt, Madson, Quan) 2:05:16.99

Women 35+: 3 x 3000

2 OREG (Allen, Young, Sadler) 2:01:27.35 OR

Women 45+: 3 x 3000

1 OREG (Holmberg, Imwalle, Sweat) 2:05:21.49

Women 55+: 3 x 3000

2 OREG (Plesner, Sutherland, Frid) 2:28:28.19 OR

Men 25+: 3 x 3000

1 OREG (Thompson, Schmitt, Nelson) 1:54:13.17

Men 45+: 3 x 30001 OREG (Yensen, Tennant, Ramsey)
1:58:06.97**Men 55+: 3 x 3000**

1 OREG (Bruce, Landis, Johnson) 1:56:08.29

Men 65+: 3 x 3000

1 OREG (Thayer, Lake, Radcliff) 2:21:42.09

Mixed 19+: 4 x 3000

1 OREG (Madson, Yensen, Schmitt, Quan) 2:34:58.10 OR

Mixed 35+: 4 x 3000

2 OREG (Bruce, Young, Sadler, Nelson) 2:33:29.94 OR

Mixed 45+: 4 x 3000

1 OREG (Imwalle, Tennant, Sweat, Ramsey) 2:36:33.84

Mixed 55+: 4 x 3000

1 OREG (Sutherland, Frid, Landis, Johnson) 2:51:12.65 OR

Women's National Team Scores:

1 OREGON 89 pts

2 YMCA Indy SwimFit 51

3 Great Bay Masters 48

15 MACO 14

Men's National Team Scores:

1 OREGON 124 pts

2 Ventura County 65

3 Great Bay Masters 42

Combined National Team Scores:

1 OREGON 213 pts

2 Great Bay Masters 90

3 Ventura County 78

21 MACO 14

Place numbers are national places

OR = Oregon Record; NR = National Record

6000 Results

Women 30-34

1 Sara Quan 31 COMA 1:10:15.56 OR

Women 40-44

2 Joni Young 43 SCC 1:24:55.71

Women 45-49

1 Mary Sweat 47 COMA 1:17:27.00 OR

4 Teresa Copeland 47 EA 1:41:16.14

Women 55-59

4 Ginger Pierson 58 MACO 1:43:26.43 OR

Men 45-49

3 Dave Burleson 47 MACO 1:17:48.13

5 Mike Dowd 45 MACO 1:43:41.07

Men 55-59

1 Steve Johnson 56 EA 1:17:11.72

Men 65-69

1 Brent Lake 66 COMA 1:35:24.56

Men 70-74

1 Dave Radcliff 70 THB 1:24:19.41 OR

Men 75-79

1 Ray Allen 78 SOM 2:28:48.01

Relays

Women 25+: 3 x 6000

1 OREG (Young, Sweat, Quan) 3:52:38.27 NR

Men 65+: 3 x 6000

1 OREG (Allen, Lake, Radcliff) 5:28:31.98 NR

Mixed 35+: 4 x 6000

1 OREG (Young, Radcliff, Sweat, Johnson) 5:23:53.84

Women's National Team Scores:

1t OREGON 38

1t YMCA Indy SwimFit 38

3 San Diego Masters 33 pts

12 MACO 7

Men's National Team Scores:

1 Ventura County Masters 64 pts

2 OREGON 44

3 St Pete Masters 31

7 MACO 14

Combined National Team Scores:

1 Ventura County Masters 83 pts

2 OREGON 82

3 St Pete Masters 59

12 MACO 21

Oregon Postal Series Results 2004

Women 40-44

1 Joni Young 42 SCC 53 pts

Women 45-49

1 Mary Sweat 47 COMA 42 pts

2 Teresa Copeland 47 EA 28 pts

Men 50-54

1 Charlie Swanson 52 EA 42 pts

Men 55-59

1 Steve Johnson 56 EA 56 pts

Men 65-69

1 Brent Lake 66 COMA 39 pts

Men 70-74

1 David Radcliff 70 THB 56 pts

Men 75-79

1 Ray Allen 78 SOM 42 pts

SWIMMING QUOTES FROM THE USMS DISCUSSION FORUM

"is not the hours of practice that matter...it's what you put into the hours that counts."

This is what I tell my swimmers when I'm talking about how to swim a 50 free..."Breathing is overrated!"

"When the going gets tough, the sprinters get out!"

"If you don't have time to do it right, when will you have time to do it over?"

"We are going to do this next set with fins." - the best thing ever said by my high school (Master) swim coach

"We're going to start tapering." - ok, that was the best thing my high school (Master) coach ever said.

"The water is your friend.....you don't have to fight with water, just share the same spirit as the water, and it will help you move."

"Swimming is more than a sport of the individual. It is the challenge of character, the strength of spirit, and the hope of the future."

"Breastroke is an athletic event, butterfly is a political statement."

"When the earth floods from global warming, the swimmers will rule the world."

"is better to have swum and lost that it is to have ever been a cheerleader."

"The view from the summit is worth the effort."

"Success is found in our daily routine."

Do you have your own favorite quotes? Get on USMS Discussion Forum on the Web www.usms.org and add them in or send them to the Aqua Master and we will use them as fillers.

From Fitness Swimming to Competition

Are you a Masters swimmer who does not swim Masters competitions? Do you love to swim but conventional swim meets don't excite you? Then, you are known as the "fitness swimmer," and you make up an estimated 50-60% of all Masters members.

A great thing about being an adult swimmer is that you are able to define your own goals, and those are more likely to be fitness, stress reduction, and camaraderie than being a competitive shark. But being a fitness swimmer doesn't mean that you wouldn't benefit from having goals to work towards, participating in an occasional event with friends, and going out afterwards for pizza or burgers.

There is a way for fitness swimmers to get more out of swimming and the Masters program without betraying their fitness identity. For the answer, we need to look at running, where fitness runners routinely enter 5-mile, 10-K, and mini- and full-marathon events. These are events which are looked forward to, entered with friends, and part of many recreational runners' fitness programs.

Recreational runners generally do not participate in the 100 meter dash or 110 meter hurdles at track meets. Those events are too dissimilar to their everyday running. But in swimming, novice competitors are steered to the 50 free or other short events. An all-out sprint where the racing dive and full-speed turn consume 25% of the race? No wonder experienced lap swimmers feel like a fish out of water at their first meet!

It is time for some original thinking. What do you like to swim? What do your workouts prepare you for? How are you comfortable moving in the water? For most of us, this would be a longer freestyle event -- maybe a 500, 1000, or 1650 yard freestyle -- or even a one mile open-water swim. These are actually among the most popular events in Masters, and they are so popular because they are actually so much fun to swim.

There are some practical guidelines for picking and swimming an event to ensure a good experience:

Choose a distance with which you will be comfortable. What distance can you see yourself swimming continuously, pushing the pace a bit but still being confident -- 500 yards or a mile?

It is common to start in the water in longer freestyle events. This eliminates the dive from the starting block, and you can wear goggles without worrying that they will come off

during the dive. (Be sure to check with the starter before you get in the water.)

You can practice "pace swimming" for a longer event. Developing a sense of pace will give you a lot of confidence, for your body will know the feel of the speed it should go in the event. For example, if you enter the 500 freestyle, practice doing five swims of 100 yards each, keeping a constant pace with 15-30 seconds of rest between each swim; if you can comfortably hold a 1:45 pace for 100 yards, aim to do 5 x 100 yard swims, completing each one in 1:45, starting each one every 2 minutes or 2 minute and 15 seconds.

Avoid the major distance disaster -- going out too fast at the start and having the "piano land

on your back" later in the event. Doing pace work in training helps avoid this. Another good idea is to use the first 100 yards of the event as a warm-up. Stretch out, settle in, then pick up the pace later if you want.

The bottom line is, not everyone at a swim meet is there for the same reason. As a fitness swimmer, there are Masters events that fit with how you swim, and can make your total swimming experience more enjoyable. There may be Masters open-water events in your area, and these are tailor made for fitness swimmers. If not, look for a 500, 1000, or 1650 yard pool event. Either way, talk other swimming friends into going along, and take the plunge!

This article was written by Suzanne Rague. Suzanne is a long time OMS Swimmer. She served for a number of years on the USMS Board of Director. In Oregon she has been our Chair and our Treasurer. This article is included as part of our theme of getting more OMS swimmers to try a meet. There are three entry blanks in this Aqua Master. Go ahead and fill one out - give it a try.



Either way, talk other swimming friends into going along, and take the plunge!

NW Zone SCM Zone Champs - Portland, OR - Nov. 13-14

W = Breaks listed World Record, N = Breaks listed National Record, Z = Zone Record, O = Oregon Record

Women 19-24

400 SC Meter Freestyle

1 Billings, Jennifer 23 OREG 5:55.54

800 SC Meter Freestyle

1 Billings, Jennifer 23 OREG 12:14.18

Women 25-29

400 SC Meter Freestyle

1 Upshaw, Meg 27 OREG 5:57.54

800 SC Meter Freestyle

1 Upshaw, Meg 27 OREG 12:33.75

50 SC Meter Breaststroke

1 Upshaw, Meg 27 OREG 46.16

Women 30-34

50 SC Meter Freestyle

1 Quan, Sara 32 OREG 32.05

100 SC Meter Freestyle

1 Quan, Sara 32 OREG 1:07.11

200 SC Meter Freestyle

1 Quan, Sara 32 OREG 2:17.92

400 SC Meter Freestyle

1 Quan, Sara 32 OREG 4:43.59 O

800 SC Meter Freestyle

1 Quan, Sara 32 OREG 9:47.90

200 SC Meter Breaststroke

1 Quan, Sara 32 OREG 2:57.02 O

Women 35-39

50 SC Meter Freestyle

1 Simsak, Tara 35 PNA 29.75

2 Skoss, Rachel 36 OREG 35.37

100 SC Meter Freestyle

1 Simsak, Tara 35 PNA 1:04.33

2 Skoss, Rachel 36 OREG 1:17.47

400 SC Meter Freestyle

1 Moore, Allison 35 PNA 5:11.49

800 SC Meter Freestyle

1 Moore, Allison 35 PNA 10:30.49

50 SC Meter Backstroke

1 Simsak, Tara 35 PNA 34.13

100 SC Meter Backstroke

1 Simsak, Tara 35 PNA 1:14.04

2 Moore, Allison 35 PNA 1:27.53

200 SC Meter Backstroke

1 Moore, Allison 35 PNA 3:03.88

50 SC Meter Breaststroke

1 Law, Cathy 37 OREG 42.85

2 Frieder, Marisa 35 OREG 43.78

100 SC Meter Breaststroke

1 Frieder, Marisa 35 OREG 1:33.56

2 Law, Cathy 37 OREG 1:35.34

3 Skoss, Rachel 36 OREG 1:40.45

200 SC Meter Breaststroke

1 Skoss, Rachel 36 OREG 3:30.48

50 SC Meter Butterfly

1 Simsak, Tara 35 PNA 31.11 Z

2 Frieder, Marisa 35 OREG 45.69

100 SC Meter Butterfly

1 Simsak, Tara 35 PNA 1:10.19 Z

100 SC Meter IM

1 Simsak, Tara 35 PNA 1:14.56

2 Law, Cathy 37 OREG 1:25.60

3 Frieder, Marisa 35 OREG 1:29.72

4 Skoss, Rachel 36 OREG 1:30.53

200 SC Meter IM

1 Skoss, Rachel 36 OREG 3:20.10

Women 40-44

50 SC Meter Freestyle

1 Foley, Sharon 44 MACO 31.03

2 Glaeser, Sharon 40 OREG 31.80

100 SC Meter Freestyle

1 Foley, Sharon 44 MACO 1:09.09

2 Whitney, Jamie 40 PNA 1:14.11

3 Fox, Christina 44 OREG 1:21.51

200 SC Meter Freestyle

1 Jenkins, Valerie 41 OREG 2:23.23 Z

2 Dyehouse, Cheryl 43 OREG 3:14.74

400 SC Meter Freestyle

1 Dyehouse, Cheryl 43 OREG 6:54.02

1500 SC Meter Freestyle

1 Raach, Bridget 41 OREG 26:05.25

50 SC Meter Backstroke

1 Jenkins, Valerie 41 OREG 32.94 Z

100 SC Meter Backstroke

1 Jenkins, Valerie 41 OREG 1:16.97

2 Fox, Christina 44 OREG 1:26.72

200 SC Meter Backstroke

1 Fox, Christina 44 OREG 3:10.21

50 SC Meter Breaststroke

1 Foley, Sharon 44 MACO 40.78

2 Whitney, Jamie 40 PNA 44.04

3 Dyehouse, Cheryl 43 OREG 55.06

100 SC Meter Breaststroke

1 Foley, Sharon 44 MACO 1:30.23

2 Whitney, Jamie 40 PNA 1:36.71

3 Fox, Christina 44 OREG 1:41.04

200 SC Meter Breaststroke

1 Whitney, Jamie 40 PNA 3:26.91

2 Glaeser, Sharon 40 OREG 3:26.94

3 Fox, Christina 44 OREG 3:38.59

50 SC Meter Butterfly

1 Dyehouse, Cheryl 43 OREG 48.21

100 SC Meter Butterfly

1 Foley, Sharon 44 MACO 1:23.53

2 Raach, Bridget 41 OREG 1:39.83

100 SC Meter IM

1 Jenkins, Valerie 41 OREG 1:14.92 O

2 Whitney, Jamie 40 PNA 1:31.36

3 Raach, Bridget 41 OREG 1:37.46

4 Dyehouse, Cheryl 43 OREG 1:41.26

200 SC Meter IM

1 Fox, Christina 44 OREG 3:22.08

Women 45-49

50 SC Meter Freestyle

1 Andrus-Hughes, K 47 OREG 28.77

2 Crabbe, Colette 48 OREG 30.42

3 Lamoureux, Lori 45 UNAT 33.85

4 Welborn, Jody 49 OREG 37.64

5 Tomlinson-Macias, M. 46 INWM 38.68

World and National Records Fall at



Dennis Baker, 800 Free



Andrew Holden, 100 Fly and 100 IM

6 Eichner, Mitzi 46 OREG 49.69
 100 SC Meter Freestyle
 1 Roussain, Kerri 45 OREG 1:10.28
 2 Welborn, Jody 49 OREG 1:23.39
 3 Tomlinson-Macias, M. 46 INWM 1:32.91
 4 Eichner, Mitzi 46 OREG 1:59.21

Split Andrus-Hughes, K 47 OREG1:02.84 Z

200 SC Meter Freestyle
1 Andrus-Hughes, K 47 OREG 2:20.80 Z
 2 Welborn, Jody 49 OREG 3:02.64
 3 Eichner, Mitzi 46 OREG 4:12.13

400 SC Meter Freestyle
 1 Welborn, Jody 49 OREG 6:17.39
 2 Moss, Helen 46 OREG 7:52.15
 3 Eichner, Mitzi 46 OREG 8:47.13

1500 SC Meter Freestyle
1 Sweat, Mary 47 OREG19:49.05 Z
 2 Moss, Helen 46 OREG 30:52.67
 3 Tomlinson-Macias, M. 46 INWM33:09.91

50 SC Meter Backstroke
 1 Andrus-Hughes, K 47 OREG 32.93
 2 Goodman, Ann 45 OREG 39.32
 3 Tomlinson-Macias, M. 46 INWM 48.22

100 SC Meter Backstroke
 1 Welborn, Jody 49 OREG 1:40.91

Split Andrus-Hughes, K 47 OREG1:10.92 Z

200 SC Meter Backstroke
1 Andrus-Hughes, K 47 OREG 2:38.51 Z
 2 Goodman, Ann 45 OREG 3:02.69
 50 SC Meter Breaststroke

1 Crabbe, Colette 48 OREG 38.13 Z
 2 Hawksworth, Judy 45 PNA 41.38
 3 Lamoureux, Lori 45 UNAT 43.88
 4 Welborn, Jody 49 OREG 50.45

5 Tomlinson-Macias, M. 46 INWM 53.52
 6 Moss, Helen 46 OREG 56.88

100 SC Meter Breaststroke
 1 Hawksworth, Judy 45 PNA 1:30.49
 2 Lamoureux, Lori 45 UNAT 1:34.60
 3 Goodman, Ann 45 OREG 1:44.93

200 SC Meter Breaststroke
 1 Crabbe, Colette 48 OREG 2:57.92
 2 Lamoureux, Lori 45 UNAT 3:30.18

50 SC Meter Butterfly
 1 Crabbe, Colette 48 OREG 33.62
 2 Moss, Helen 46 OREG 50.60

100 SC Meter IM
 1 Crabbe, Colette 48 OREG 1:13.29
 2 Hawksworth, Judy 45 PNA 1:22.54
 3 Tomlinson-Macias, M. 46 INWM 1:44.30

200 SC Meter IM
 1 Goodman, Ann 45 OREG 3:13.65
 400 SC Meter IM
 1 Goodman, Ann 45 OREG 6:47.31

Women 50-54

50 SC Meter Freestyle
 1 Glassman, Debbie 51 PNA 31.85
 2 Budd, Elizabeth 50 OREG 37.07

100 SC Meter Freestyle
 1 Glassman, Debbie 51 PNA 1:09.96
 2 Budd, Elizabeth 50 OREG 1:21.23
 3 Moore, Jane 54 PNA 1:38.19

400 SC Meter Freestyle
 1 Moore, Jane 54 PNA 7:06.91
 800 SC Meter Freestyle
 1 Moore, Jane 54 PNA 14:44.92

50 SC Meter Backstroke
 1 Glassman, Debbie 51 PNA 41.62
 100 SC Meter Backstroke
 1 Budd, Elizabeth 50 OREG 1:33.19

2 Moore, Jane 54 PNA 2:03.36
 100 SC Meter Breaststroke
 1 Moore, Jane 54 PNA 2:10.16
 200 SC Meter Breaststroke

1 Moore, Jane 54 PNA 4:43.01
 50 SC Meter Butterfly
 1 Budd, Elizabeth 50 OREG 41.70
 100 SC Meter Butterfly

1 Moore, Jane 54 PNA 2:16.89
 200 SC Meter Butterfly
1 Glassman, Debbie 51 PNA 2:58.76 Z
 100 SC Meter IM

1 Budd, Elizabeth 50 OREG 1:29.60
Women 55-59
 50 SC Meter Freestyle
 1 Rousseau, Sandi 57 OREG 36.44

100 SC Meter Freestyle
 1 Rousseau, Sandi 57 OREG 1:20.77
 50 SC Meter Backstroke
 1 Rousseau, Sandi 57 OREG 46.84

50 SC Meter Breaststroke
 1 Pierson, Ginger 58 MACO 41.33
 2 Rousseau, Sandi 57 OREG 51.49
 100 SC Meter Breaststroke

1 Pierson, Ginger 58 MACO 1:31.06
 200 SC Meter Breaststroke
 1 Pierson, Ginger 58 MACO 3:22.42
 50 SC Meter Butterfly

1 Rousseau, Sandi 57 OREG 40.71
 100 SC Meter Butterfly
 1 Pierson, Ginger 58 MACO 1:31.65
 200 SC Meter Butterfly

1 Pierson, Ginger 58 MACO 3:20.77
 100 SC Meter IM
 1 Pierson, Ginger 58 MACO 1:29.95
 2 Rousseau, Sandi 57 OREG 1:38.22

200 SC Meter IM
 1 Pierson, Ginger 58 MACO 3:17.91
 400 SC Meter IM
 1 Pierson, Ginger 58 MACO 7:01.94

Women 60-64

50 SC Meter Freestyle
 1 Marr, Jackie 61 SDSM 34.41
 2 Pronk, Bonnie 62 MSBC 34.42
 3 Calnek-Morris, Sue 61 OREG 37.61

100 SC Meter Freestyle
 1 Marr, Jackie 61 SDSM 1:15.36
 2 Pronk, Bonnie 62 MSBC 1:21.19
 3 Calnek-Morris, Sue 61 OREG 1:23.76

4 Ward, Joy 62 OREG 1:25.80
 200 SC Meter Freestyle
 1 Marr, Jackie 61 SDSM 2:51.11
 2 Calnek-Morris, Sue 61 OREG 3:15.25

400 SC Meter Freestyle
 1 Calnek-Morris, Sue 61 OREG 6:44.56
 2 Sitter, Darby 61 OREG 9:40.89
 800 SC Meter Freestyle

1 Marr, Jackie 61 SDSM 11:34.09
continued on page 12

N W Zone S C M Zone Championships



Stark, Smith, Landis, Radcliff, 400 Med. Relay



Lincoln Djang, 400 Ind. Medley

Results continued from page 11

2 Calnek-Morris, Sue	61 OREG	13:07.26	
1500 SC Meter Freestyle			
1 Calnek-Morris, Sue	61 OREG	25:45.30	
50 SC Meter Backstroke			
1 Ward, Joy	62 OREG	44.05	
200 SC Meter Backstroke			
1 Ward, Joy	62 OREG	3:16.72	
2 Sitter, Darby	61 OREG	5:26.65	
50 SC Meter Breaststroke			
1 Pronk, Bonnie	62 MSBC	41.93	
100 SC Meter Breaststroke			
1 Pronk, Bonnie	62 MSBC	1:31.51	
2 Sitter, Darby	61 OREG	2:47.22	
200 SC Meter Breaststroke			
1 Pronk, Bonnie	62 MSBC	3:18.14	
50 SC Meter Butterfly			
1 Sitter, Darby	61 OREG	1:12.95	
100 SC Meter Butterfly			
1 Ward, Joy	62 OREG	1:38.08	
2 Marr, Jackie	61 SDSM	1:38.74	
200 SC Meter Butterfly			
1 Marr, Jackie	61 SDSM	3:26.26 N	
100 SC Meter IM			
1 Pronk, Bonnie	62 MSBC	1:26.36	
2 Marr, Jackie	61 SDSM	1:29.64	
3 Sitter, Darby	61 OREG	2:28.14	
200 SC Meter IM			
1 Pronk, Bonnie	62 MSBC	3:09.55	
2 Marr, Jackie	61 SDSM	3:16.73	
3 Ward, Joy	62 OREG	3:25.90	
Women 70-74			
50 SC Meter Freestyle			
1 Kawabata, Jerri	70 OREG	57.72	
100 SC Meter Freestyle			
1 Kawabata, Jerri	70 OREG	2:12.80	
50 SC Meter Backstroke			
1 Kawabata, Jerri	70 OREG	1:11.42 O	
100 SC Meter Backstroke			
1 Kawabata, Jerri	70 OREG	2:27.65 O	
50 SC Meter Breaststroke			
1 Rosik, Cynthia	71 OREG	1:07.62	
50 SC Meter Butterfly			
1 Rosik, Cynthia	71 OREG	1:13.16	
100 SC Meter IM			
1 Rosik, Cynthia	71 OREG	2:28.13	
Women 75-79			
50 SC Meter Freestyle			
1 Phillips, Bernice	77 PNA	54.22	
2 Wells, Margaret	78 OREG	1:04.16	
100 SC Meter Freestyle			
1 Phillips, Bernice	77 PNA	2:04.17	
2 Wells, Margaret	78 OREG	2:28.28	
200 SC Meter Freestyle			
1 Phillips, Bernice	77 PNA	4:49.82	
2 Wells, Margaret	78 OREG	5:20.08	
50 SC Meter Backstroke			
1 Phillips, Bernice	77 PNA	59.57	
100 SC Meter Backstroke			
1 Phillips, Bernice	77 PNA	2:16.33	
2 Wells, Margaret	78 OREG	2:44.25	
200 SC Meter Backstroke			
1 Phillips, Bernice	77 PNA	5:15.53	
200 SC Meter IM			

1 Wells, Margaret	78 OREG	6:05.27	
Women 80-84			
50 SC Meter Butterfly			
1 Stevenin, Elfie	83 OREG	2:35.99	
100 SC Meter Butterfly			
1 Stevenin, Elfie	83 OREG	6:09.54	
100 SC Meter IM			
1 Stevenin, Elfie	83 OREG	4:21.47	
200 SC Meter IM			
1 Stevenin, Elfie	83 OREG	9:29.32	
400 SC Meter IM			
1 Stevenin, Elfie	83 OREG	18:56.32	
Women 90-94			
50 SC Meter Freestyle			
1 Buel, Hilda	90 OREG	1:56.11 Z	
100 SC Meter Freestyle			
1 Buel, Hilda	90 OREG	5:12.26 Z	
50 SC Meter Backstroke			
1 Buel, Hilda	90 OREG	2:32.52 Z	
100 SC Meter Backstroke			
1 Buel, Hilda	90 OREG	5:30.05 Z	
200 SC Meter Breaststroke			
1 Buel, Hilda	90 OREG	14:53.20 Z	
Men 19-24			
100 SC Meter Freestyle			
1 Johnsen, Nathan	24 OREG	57.77	
2 Cleary, Kevin	21 OREG	1:02.42	
50 SC Meter Backstroke			
1 Johnsen, Nathan	24 OREG	29.66 O	
100 SC Meter Backstroke			
1 Johnsen, Nathan	24 OREG	1:03.02 Z	
200 SC Meter Butterfly			
1 Cleary, Kevin	21 OREG	2:47.70 O	
Men 30-34			
50 SC Meter Freestyle			
1 Taylor, Curtis	33 OREG	24.92	
2 Swain, Sean	33 OREG	26.43	
3 Rosaria, Steven	30 PNA	27.79	
100 SC Meter Freestyle			
1 Taylor, Curtis	33 OREG	55.01 O	
2 Swain, Sean	33 OREG	57.35	
3 Rosaria, Steven	30 PNA	1:02.23	
4 Cohen, Joshua	33 OREG	1:04.37	
5 Alles, Dave	32 PNA	1:05.44	
6 Price, Kennedy	32 OREG	1:06.13	
200 SC Meter Freestyle			
1 Price, Kennedy	32 OREG	2:22.30	
400 SC Meter Freestyle			
1 Price, Kennedy	32 OREG	4:55.95	
800 SC Meter Freestyle			
1 Price, Kennedy	32 OREG	10:15.59	
50 SC Meter Backstroke			
1 Taylor, Curtis	33 OREG	31.12	
2 Swain, Sean	33 OREG	33.62	
100 SC Meter Backstroke			
1 Taylor, Curtis	33 OREG	1:06.40	
2 Swain, Sean	33 OREG	1:07.57	
3 Cohen, Joshua	33 OREG	1:15.54	
4 Alles, Dave	32 PNA	1:17.19	
5 Price, Kennedy	32 OREG	1:19.70	
200 SC Meter Backstroke			
1 Cohen, Joshua	33 OREG	2:47.19	
100 SC Meter Breaststroke			
1 Cohen, Joshua	33 OREG	1:17.10	

100 SC Meter IM			
1 Price, Kennedy	32 OREG	1:16.00	
200 SC Meter IM			
1 Cohen, Joshua	33 OREG	2:36.73	
Men 35-39			
50 SC Meter Freestyle			
1 Drawz, Troy	36 MACO	26.31	
2 Cooper, Greg	37 MACO	26.32	
3 Rice, David	37 OREG	26.76	
4 Parmentier, Steve	39 OREG	27.14	
5 Gaarder, Chris	39 OREG	28.23	
6 Edic, Chyle	37 OREG	31.32	
7 Karyukin, Andrei	39 OREG	32.16	
100 SC Meter Freestyle			
1 Drawz, Troy	36 MACO	57.41	
2 Cooper, Greg	37 MACO	57.50	
3 Peters, Keith	39 OREG	58.56	
4 Rice, David	37 OREG	58.74	
5 Nelson, Timothy	39 OREG	1:00.12	
6 Kays, David	37 PNA	1:02.28	
7 Edic, Chyle	37 OREG	1:08.79	
8 Karyukin, Andrei	39 OREG	1:10.80	
200 SC Meter Freestyle			
1 Peters, Keith	39 OREG	2:10.17	
400 SC Meter Freestyle			
1 Drawz, Troy	36 MACO	4:26.59	
2 Nelson, Timothy	39 OREG	4:34.78	
3 Kays, David	37 PNA	4:50.74	
800 SC Meter Freestyle			
1 Nelson, Timothy	39 OREG	9:40.34	
2 Kays, David	37 PNA	10:07.68	
3 McGuirk, Richard	36 OREG	25:31.66	
50 SC Meter Backstroke			
1 Karyukin, Andrei	39 OREG	40.32	
100 SC Meter Backstroke			
1 Peters, Keith	39 OREG	1:08.11	
2 Edic, Chyle	37 OREG	1:23.93	
50 SC Meter Breaststroke			
1 Gaarder, Chris	39 OREG	34.05	
2 Edic, Chyle	37 OREG	36.96	
100 SC Meter Breaststroke			
1 Gaarder, Chris	39 OREG	1:15.21	
2 Edic, Chyle	37 OREG	1:20.88	
3 Karyukin, Andrei	39 OREG	1:27.59	
200 SC Meter Breaststroke			
1 Gaarder, Chris	39 OREG	2:50.79	
2 Edic, Chyle	37 OREG	3:04.46	
50 SC Meter Butterfly			
1 Cooper, Greg	37 MACO	27.86 O	
2 Drawz, Troy	36 MACO	28.42	
3 Parmentier, Steve	39 OREG	28.86	
4 Karyukin, Andrei	39 OREG	32.29	
100 SC Meter Butterfly			
1 Drawz, Troy	36 MACO	1:03.45	
2 Kays, David	37 PNA	1:08.17	
3 Karyukin, Andrei	39 OREG	1:16.93	
100 SC Meter IM			
1 Cooper, Greg	37 MACO	1:05.17	
2 Peters, Keith	39 OREG	1:06.08	
3 Edic, Chyle	37 OREG	1:18.10	
200 SC Meter IM			
1 Kays, David	37 PNA	2:34.50	
2 Edic, Chyle	37 OREG	2:52.48	
400 SC Meter IM			

1 Kays, David	37 PNA	5:28.70
Men 40-44		
50 SC Meter Freestyle		
1 Culbertson, Scott	42 OREG	27.30
2 Butcher, Gano	40 OREG	27.62
3 Morgan, Anthony	40 OREG	28.18
4 Roussain, David	40 OREG	47.93
100 SC Meter Freestyle		
1 Butcher, Gano	40 OREG	1:01.52
2 Morgan, Anthony	40 OREG	1:02.93
3 Garcia, Doug	43 INWM	1:14.76
400 SC Meter Freestyle		
1 Garcia, Doug	43 INWM	6:06.59
800 SC Meter Freestyle		
1 Baker, Dennis	43 OREG	8:46.71 N
50 SC Meter Backstroke		
1 Morgan, Anthony	40 OREG	32.57
2 Culbertson, Scott	42 OREG	37.21
100 SC Meter Backstroke		
1 Morgan, Anthony	40 OREG	1:08.56
2 Butcher, Gano	40 OREG	1:09.89
100 SC Meter Breaststroke		
1 Butcher, Gano	40 OREG	1:20.03
100 SC Meter Butterfly		
1 Butcher, Gano	40 OREG	1:11.38
100 SC Meter IM		
1 Butcher, Gano	40 OREG	1:08.74
2 Garcia, Doug	43 INWM	1:32.15
400 SC Meter IM		
1 Garcia, Doug	43 INWM	6:57.06
Men 45-49		
50 SC Meter Freestyle		
1 Spencer, Donald	47 PNA	28.46
2 Dowd, Mike	46 MACO	31.64
3 Eichner, Doug	46 OREG	32.05
4 Macias, Jesse	46 INWM	54.96
100 SC Meter Freestyle		
1 Spencer, Donald	47 PNA	1:05.85
2 Eichner, Doug	46 OREG	1:11.24
3 Macias, Jesse	46 INWM	2:24.12
200 SC Meter Freestyle		
1 Allender, Pat	46 OREG	2:09.78 O
2 Wren, Mark	46 OREG	2:28.71
3 Eichner, Doug	46 OREG	2:46.44
4 Reed, Steven	48 PNA	3:30.60
400 SC Meter Freestyle		
1 Allender, Pat	46 OREG	4:36.25 O
2 Burleson, David	47 MACO	5:00.89
3 Fairhurst, Jon	46 OREG	5:56.74
4 Eichner, Doug	46 OREG	6:04.49
800 SC Meter Freestyle		
1 Burleson, David	47 MACO	10:15.39
2 Ramsey, Ed	48 OREG	10:47.75
1500 SC Meter Freestyle		
1 Robinson, Dan	47 PNA	18:44.76 Z
2 Ramsey, Ed	48 OREG	20:31.80
50 SC Meter Backstroke		
1 Metzger, Peter	49 OREG	31.68
2 Burleson, David	47 MACO	32.14
3 Dowd, Mike	46 MACO	44.86
100 SC Meter Backstroke		
1 Metzger, Peter	49 OREG	1:08.52
2 Wren, Mark	46 OREG	1:21.65

3 Dowd, Mike	46 MACO	1:31.99
50 SC Meter Breaststroke		
1 Allender, Pat	46 OREG	34.11
2 Taylor, Charles	48 OREG	36.67
3 Fairhurst, Jon	46 OREG	39.40
4 Dowd, Mike	46 MACO	40.18
5 Eichner, Doug	46 OREG	45.35
6 Macias, Jesse	46 INWM	1:28.86
100 SC Meter Breaststroke		
1 Taylor, Charles	48 OREG	1:22.83
2 Fairhurst, Jon	46 OREG	1:27.05
3 Dowd, Mike	46 MACO	1:29.05
4 Macias, Jesse	46 INWM	3:39.92
200 SC Meter Breaststroke		
1 Allender, Pat	46 OREG	2:39.87
2 Dowd, Mike	46 MACO	3:08.85
3 Fairhurst, Jon	46 OREG	3:10.06
50 SC Meter Butterfly		
1 Metzger, Peter	49 OREG	29.91
2 Dowd, Mike	46 MACO	35.76
3 Macias, Jesse	46 INWM	1:22.00
100 SC Meter Butterfly		
1 Burleson, David	47 MACO	1:07.55
200 SC Meter Butterfly		
1 Robinson, Dan	47 PNA	2:28.66 Z
2 Burleson, David	47 MACO	2:39.21 O
3 Fairhurst, Jon	46 OREG	3:21.60
100 SC Meter IM		
1 Allender, Pat	46 OREG	1:07.50
2 Metzger, Peter	49 OREG	1:10.03
3 Spencer, Donald	47 PNA	1:13.51
4 Wren, Mark	46 OREG	1:15.51
5 Dowd, Mike	46 MACO	1:23.01
200 SC Meter IM		
1 Taylor, Charles	48 OREG	3:02.63
400 SC Meter IM		
1 Djang, Lincoln	45 MVN	4:48.97 W
2 Robinson, Dan	47 PNA	5:26.53
3 Fairhurst, Jon	46 OREG	6:54.88
Men 50-54		
50 SC Meter Freestyle		
1 Philbrick, Larry	52 OREG	27.21
2 Bannan, Charles	52 SCSC	28.04
3 Brockbank, Doug	51 OREG	28.94
4 Yensen, Kermit	51 OREG	29.40
5 Darnell, Stephen	50 OREG	33.19
100 SC Meter Freestyle		
1 Yensen, Kermit	51 OREG	1:04.72
2 Brockbank, Doug	51 OREG	1:06.89
3 Edwards, Wes	51 OREG	1:07.02
4 Darnell, Stephen	50 OREG	1:19.80
200 SC Meter Freestyle		
1 Yensen, Kermit	51 OREG	2:23.56
2 Edwards, Wes	51 OREG	2:37.95
800 SC Meter Freestyle		
1 Lautman, Scott	52 PNA	9:46.96
2 Moore, Hugh	50 PNA	11:33.64
3 Edwards, Wes	51 OREG	11:49.12
50 SC Meter Backstroke		
1 Philbrick, Larry	52 OREG	33.61
2 Darnell, Stephen	50 OREG	42.68
100 SC Meter Backstroke		
1 Edwards, Wes	51 OREG	1:12.16
2 Yensen, Kermit	51 OREG	1:19.87

3 Darnell, Stephen	50 OREG	1:33.62
200 SC Meter Backstroke		
1 Edwards, Wes	51 OREG	2:38.34 O
50 SC Meter Breaststroke		
1 Darnell, Stephen	50 OREG	46.83
50 SC Meter Butterfly		
1 Bannan, Charles	52 SCSC	30.84
2 Yensen, Kermit	51 OREG	32.04
3 Brockbank, Doug	51 OREG	33.34
4 Moore, Hugh	50 PNA	33.74
5 Darnell, Stephen	50 OREG	42.27
100 SC Meter Butterfly		
1 Lautman, Scott	52 PNA	1:02.70 Z
2 Yensen, Kermit	51 OREG	1:14.11
3 Moore, Hugh	50 PNA	1:15.02
200 SC Meter Butterfly		
1 Lautman, Scott	52 PNA	2:18.95
2 Moore, Hugh	50 PNA	2:51.79
100 SC Meter IM		
1 Yensen, Kermit	51 OREG	1:13.82
2 Brockbank, Doug	51 OREG	1:15.33
3 Darnell, Stephen	50 OREG	1:31.17
200 SC Meter IM		
1 Yensen, Kermit	51 OREG	2:47.55
Men 55-59		
50 SC Meter Freestyle		
1 Bruce, Bob	56 OREG	29.52
2 Silvey, Michael	59 OREG	31.68
100 SC Meter Freestyle		
1 Silvey, Michael	59 OREG	1:13.39
2 Jenkins, James	57 OREG	1:35.66
200 SC Meter Freestyle		
1 Jenkins, James	57 OREG	3:40.56
800 SC Meter Freestyle		
1 Mccolly, Michael	59 PNA	10:52.26
50 SC Meter Backstroke		
1 Bruce, Bob	56 OREG	36.60
100 SC Meter Backstroke		
1 Medjo, Terry	57 UNAT	1:24.35
2 Jenkins, James	57 OREG	2:02.31
50 SC Meter Breaststroke		
1 Stark, Allen	55 OREG	34.43
2 Bruce, Bob	56 OREG	40.50
3 Medjo, Terry	57 UNAT	41.47
100 SC Meter Breaststroke		
1 Stark, Allen	55 OREG	1:17.84
2 Medjo, Terry	57 UNAT	1:32.21
200 SC Meter Breaststroke		
1 Stark, Allen	55 OREG	2:50.62
2 Medjo, Terry	57 UNAT	3:24.92
50 SC Meter Butterfly		
1 Bruce, Bob	56 OREG	33.34
2 Silvey, Michael	59 OREG	34.99
100 SC Meter IM		
1 Bruce, Bob	56 OREG	1:17.46
2 Medjo, Terry	57 UNAT	1:21.90
3 Silvey, Michael	59 OREG	1:24.63
400 SC Meter IM		
1 Mccolly, Michael	59 PNA	6:09.22
Men 60-64		
50 SC Meter Freestyle		
1 Smith, Robert	61 OREG	29.20
2 Landis, Tom	62 OREG	29.73

continued on page 14

Results continued from page 13

3 Juhala, Richard	61 OREG	39.99
100 SC Meter Freestyle		
1 Landis, Tom	62 OREG	1:06.09
200 SC Meter Freestyle		
1 Landis, Tom	62 OREG	2:39.80
2 Juhala, Richard	61 OREG	3:31.23
400 SC Meter Freestyle		
1 Landis, Tom	62 OREG	5:19.59
800 SC Meter Freestyle		
1 Landis, Tom	62 OREG	11:05.48
1500 SC Meter Freestyle		
1 Landis, Tom	62 OREG	21:20.01
2 Smith, Robert	61 OREG	22:50.78
3 Mellow, Bill	63 OREG	27:59.93
50 SC Meter Backstroke		
1 Smith, Robert	61 OREG	33.70
2 Juhala, Richard	61 OREG	50.78
200 SC Meter Backstroke		
1 Mellow, Bill	63 OREG	4:16.36
50 SC Meter Breaststroke		
1 Mellow, Bill	63 OREG	44.24
2 Juhala, Richard	61 OREG	45.61
100 SC Meter Breaststroke		
1 Mellow, Bill	63 OREG	1:42.43
200 SC Meter Breaststroke		
1 Juhala, Richard	61 OREG	3:46.64
50 SC Meter Butterfly		
1 Smith, Robert	61 OREG	32.36
2 Juhala, Richard	61 OREG	43.28
100 SC Meter IM		
1 Smith, Robert	61 OREG	1:12.36
2 Juhala, Richard	61 OREG	1:39.17
3 Mellow, Bill	63 OREG	1:43.13
400 SC Meter IM		
1 Juhala, Richard	61 OREG	8:05.02
Men 65-69		
50 SC Meter Freestyle		
1 Thayer, George	68 OREG	32.70
400 SC Meter Freestyle		
1 Lake, Brent	66 OREG	6:13.36
800 SC Meter Freestyle		
1 Lake, Brent	66 OREG	12:28.63
1500 SC Meter Freestyle		
1 Lake, Brent	66 OREG	23:50.03
50 SC Meter Backstroke		
1 Lake, Brent	66 OREG	42.01
2 Thayer, George	68 OREG	42.10
100 SC Meter Backstroke		
1 Lake, Brent	66 OREG	1:29.13
2 Thayer, George	68 OREG	1:31.92
200 SC Meter Backstroke		
1 Lake, Brent	66 OREG	3:15.14
2 Thayer, George	68 OREG	3:23.99
50 SC Meter Breaststroke		
1 Nakata, Ronald	65 OREG	41.79
100 SC Meter Breaststroke		
1 Thayer, George	68 OREG	1:44.79
50 SC Meter Butterfly		
1 Nakata, Ronald	65 OREG	34.05
100 SC Meter IM		

1 Nakata, Ronald	65 OREG	1:21.07
200 SC Meter IM		
1 Nakata, Ronald	65 OREG	3:05.25 Z
Men 70-74		
50 SC Meter Freestyle		
1 Radcliff, David	70 OREG	29.77 Z
2 Marks, Milton	74 OREG	34.48
100 SC Meter Freestyle		
1 Radcliff, David	70 OREG	1:06.50 Z
2 King, Bill	71 SDSM	1:22.25
200 SC Meter Freestyle		
1 King, Bill	71 SDSM	3:08.85
800 SC Meter Freestyle		
1 Radcliff, David	70 OREG	11:11.81 Z
2 King, Bill	71 SDSM	13:57.01
50 SC Meter Breaststroke		
1 Marks, Milton	74 OREG	44.19
100 SC Meter Breaststroke		
1 Marks, Milton	74 OREG	1:41.96 O
200 SC Meter Breaststroke		
1 Marks, Milton	74 OREG	3:54.22
50 SC Meter Butterfly		
1 Radcliff, David	70 OREG	36.04 Z
100 SC Meter IM		
1 Radcliff, David	70 OREG	1:22.09Z
2 Marks, Milton	74 OREG	1:39.18
200 SC Meter IM		
1 Marks, Milton	74 OREG	3:49.21
Men 80-84		
50 SC Meter Freestyle		
1 Young, Gilbert	82 OREG	42.48
2 Fixott, Rupert	83 OREG	50.30
3 Bushey, Charles	83 OREG	56.33
4 Shadbeh, Khosrow	83 OREG	1:05.69
100 SC Meter Freestyle		
1 Young, Gilbert	82 OREG	1:34.67
2 Bushey, Charles	83 OREG	2:08.86
3 Shadbeh, Khosrow	83 OREG	2:34.64
4 Mallon, Joseph	83 OREG	2:56.85
200 SC Meter Freestyle		
1 Young, Gilbert	82 OREG	3:41.70
2 Mallon, Joseph	83 OREG	5:49.22
400 SC Meter Freestyle		
1 Young, Gilbert	82 OREG	8:05.20
2 Mallon, Joseph	83 OREG	12:20.37
800 SC Meter Freestyle		
1 Young, Gilbert	82 OREG	16:41.68
2 Bushey, Charles	83 OREG	19:46.97
3 Mallon, Joseph	83 OREG	25:01.10
1500 SC Meter Freestyle		
1 Mallon, Joseph	83 OREG	46:50.57
50 SC Meter Backstroke		
1 Fixott, Rupert	83 OREG	1:05.96
2 Shadbeh, Khosrow	83 OREG	1:28.74
100 SC Meter Backstroke		
1 Fixott, Rupert	83 OREG	2:33.18
100 SC Meter Breaststroke		
1 Fixott, Rupert	83 OREG	2:35.75
100 SC Meter IM		
1 Fixott, Rupert	83 OREG	2:30.13
Men 85-89		

50 SC Meter Freestyle		
1 Holden, Andrew	85 OREG	37.85 Z
2 Johnston, William	86 WCM	44.38
100 SC Meter Freestyle		
1 Johnston, William	86 WCM	1:48.84
800 SC Meter Freestyle		
1 Johnston, William	86 WCM	19:59.95
50 SC Meter Backstroke		
1 Holden, Andrew	85 OREG	49.24 Z
50 SC Meter Butterfly		
1 Johnston, William	86 WCM	1:04.88
100 SC Meter Butterfly		
1 Holden, Andrew	85 OREG	2:01.65 W
2 Johnston, William	86 WCM	2:45.54
100 SC Meter IM		
1 Holden, Andrew	85 OREG	1:48.23 W
2 Johnston, William	86 WCM	2:18.03
200 SC Meter IM		
1 Holden, Andrew	85 OREG	4:19.20 Z
400 SC Meter IM		
1 Holden, Andrew	85 OREG	9:36.09 Z
Relays		
Men 100-119 200 SC Meter Free Relay		
1 OREG		1:44.28 Z
1) Swain, S. 33	2) Johnsen, N. 24	
3) Cleary, K. 21	4) Taylor, C. 33	
Men 160-199 200 SC Meter Medley Relay		
1 OREG	2:03.09	
1) Metzger, P. 49	2) Gaarder, C. 39	
3) Parmentier, S. 39	4) Brockbank, D. 51	
Men 240-279 800 SC Meter Free Relay		
1 OREG	9:50.52	
1) Landis, T. 62	2) Ramsey, E. 48	
3) Radcliff, D. 70	4) Smith, R. 61	
Men 240-279 400 SC Meter Medley Relay		
1 OREG	4:56.40 N	
1) Smith, R. 61	2) Stark, A. 55	
3) Landis, T. 62	4) Radcliff, D. 70	
Men 280-319 200 SC Meter Free Relay		
1 OREG	2:30.93	
1) Young, G. 82	2) Lake, B. 66	
3) Holden, A. 85	4) Thayer, G. 68	
Mixed 120-159 200 SC Meter Medley Relay		
1 OREG	2:40.33	
1) Cohen, J. 33	2) Upshaw, M. 27	
3) Gaarder, C. 39	4) Eichner, M. 46	
Mixed 160-199 400 SC Meter Free Relay		
1 OREG	4:08.63 Z	
1) Andrus-Hughes, K. 47	2) Butcher, G. 40	
3) Jenkins, V. 41	4) Peters, K. 39	
Mixed 160-199 200 SC Meter Medley Relay		
1 OREG	2:40.10	
1) Roussain, K. 45	2) Glaeser, S. 40	
3) Wren, M. 46	4) Roussain, D. 40	
Mixed 200-239 400 SC Meter Medley Relay		
1 OREG	4:36.34 N	
1) Andrus-Hughes, K. 47	2) Stark, A. 55	
3) Crabbe, C. 48	4) Philbrick, L. 52	

South West Zone Meet: Allen Stark sets two new Northwest Zone Records.

50 Breast -33.97 Z and 100 Breast - 1:15.69 Z

Third Annual Animal Masters Meet
OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
Eligibility: Currently registered USMS swimmers, 18 years and older.
Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #375-01



Location: Canby Municipal Pool
1150 S Ivy
Canby, Oregon 97013
5 lanes competition-electronic timing
1 lane continuous warm-up/down lanes

Date: Saturday, January 22, 2005

Positive Check-in at Clerk of Course: 2PM
Warm-ups: 2PM-2:50PM
Meet Starts: 3PM

Hosted by: Canby Swim Club "The GATORS"

Meet director: Kenneth Schuh • Phone: 503-266-1345 • E-mail kdschuhmeister@aol.com

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center •
Northbound- I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

Lodging: Canby Country Inn, 463 SW 1st Ave (99E), Canby, OR 97013 • 503-266-5400

Willamette Gables Riverside Estate, www.willamettegables.com, 503-678-2195

Swimmers will receive one basic Heat Sheet upon completion of final seeding. Commemorative Heat Sheets with color logo will be available for purchase. An ample assortment of refreshments, including espresso will be available for purchase throughout the meet. **J.D. Pence** will be on-site to fill your swimwear and swim gear needs.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2005 USMS REGISTRATION CARD OR 2005 REGISTRATION FORM WITH THIS ENTRY

ENTRY DEADLINE: POSTMARK NO LATER THAN Tuesday, January 11, 2005

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2005 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST OREGON MASTERS MEET? _____ YES _____ NO

Entry includes a **cool t-shirt** (If entry is received after January 13th, a commemorative t-shirt is not guaranteed).

Trophy for lowest cumulative Male and Female times for each session. Chose Animal Masters or Animal Grand Masters-**Not Both**

Animal Masters

200 I.M. (1-2) _____ : _____ . _____
100 FLY (5-6) _____ : _____ . _____
500 FREE (9-10) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time plus 15 seconds for Disqualifications, Slowest time plus 60 seconds for no show

Animal Grand Masters

400 I.M. (3-4) _____ : _____ . _____
200 FLY (7-8) _____ : _____ . _____
1000 FREE (11-12) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time plus 30 seconds for Disqualifications, Slowest time plus 2 minutes for no show

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: \$25.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

"One of the most fun, highly competitive and best attended meets in the OMS schedule year!"

Eligibility: Currently registered USMS swimmers, 18 years and older.

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #375-02

Place: Tualatin Hills Aquatic Center Pool

15707 SW Walker Rd.

Beaverton, Oregon

6-8 lanes competition-electronic timing

Separate continuous warm-up/down lanes

Hosted by the Tualatin Hills Barracudas

Meet director: Rachel Skoss • 503-644-2622 • skossr@yahoo.com

Date: Saturday, February 19, 2005

Warm-ups: 8AM
Meet Starts: 9AM

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

**All entrants must submit a photocopy of their current 2005 registration card
or the 2005 registration form and fee with this entry.**

ENTRY DEADLINE: POSTMARK NO LATER THAN FEBRUARY 4, 2005

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY *✂*

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2005 USMS # _____

USMS CLUB (OREG, MACO, PNA, ETC) _____

IS THIS YOUR FIRST OREGON MASTERS MEET? _____ YES _____ NO

"Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon."

Sprint

Feb. 19, 2005

Mid Distance

50 FLY (1) _____ : _____ . _____

100 FLY (2) _____ : _____ . _____

50 BACK (3) _____ : _____ . _____

100 BACK (4) _____ : _____ . _____

50 BREAST (5) _____ : _____ . _____

Break

100 BREAST (6) _____ : _____ . _____

50 FREE (7) _____ : _____ . _____

100 FREE (8) _____ : _____ . _____

100 I.M. (9) _____ : _____ . _____

Break

200 I.M. (10) _____ : _____ . _____

* PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. DO NOT USE NT (NO TIME). ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. PLEASE BE FAIR TO ALL... THANKS

RULES: A 10 SECOND PENALTY WILL BE ADDED TO YOUR TIME FOR ANY STROKE/TURN INFRACTION. A FALSE START ELIMINATES YOU FROM THE FIVE EVENT COMPETITION, BUT NOT FROM SWIMMING ANY OTHER RACES. YOUR TOTAL TIME FOR THE FIVE EVENTS

DETERMINES YOUR FINAL PLACING.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____

DATE _____

MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

Aqua Master Looks Back Instead of Ahead as We Start 2005

While most of you are off to a good start and are looking ahead with your New Years Resolutions, the Aqua Master decided to take a look back into our History. We are featuring two outstanding articles from the past which fit our theme of this Issue, which is to compete in a meet this year. On page 9 we feature a super article by Suzanne Rague. Suzanne talks about the benefits for a fitness swimmer when they enter and compete in a meet. The article below is a reprint from the 1988 Aqua Master and was written over 16 years ago by Robert Smith, our Short Distance Chair. It gives great advice about how to get ready for the Pentathlon Meet. Suzanne tells you the benefits and Robert tells you how. Now there's no reason not to sign up and swim. See you there!

Pentathlon Sprinting

by Robert Smith

At the pentathlon, the best times are done by the older experienced sprinter. Just as the more experienced marathon runner knows the proper pace to win, the sprinter knows how to prepare for and pace themselves through the 4 hour 5 event swim meet. As a past pentathlon winner I offer the following tips:

WEEKS AND MONTHS BEFORE.

Always swim at high speeds and rest longer than you swim. If you're swimming 50 yard repeats in 30 seconds you should rest at least 30 seconds. I try to keep my rest to swim ration at about 2 to 1. An "ideal" pentathlon workout is:

- 400 yards or 10-15 minutes technique warmups (1 arm stroke drills, etc.)
- 24 times 25 yards sprint with turn (foot touch @ 1:15 in groups of 3 or 6 of each stroke as hard as possible! I have a self timing device to get exact times, but you might team up with someone and share stopwatch timing. Notice that the rest to swim ration is perhaps 4 to 1, so swim all out!
- 50 - 200 yards cool down. Always leave the water feeling good and positive about your swimming technique progress.

Many masters are too busy getting into shape to work on technique. conditioning is transitory, good technique sticks with you and challenges your brain too!

2 TO 5 DAYS BEFORE PENTATHLON.

Your all out sprinting is over. Do not swim fast until the first event. Rest assured, your body will remember how to sprint. It's now time to repair. In your workouts you must hold your horses and only think how good and fast you'll be. Think of yourself as a nuclear weapon waiting for the first events gun. Relax, the die is cast, the pie is in the oven.

1 DAY BEFORE.

If you're still sore, don't swim. Otherwise just warmup as if at the meet.

DAY OF MEET.

Do not have any sugar, honey or sweet. I'll bring a banana and a half a chocolate bar to the meet. Remember the purpose of a warmup:

- Warmup muscles. They perform better when they are very warm.
- Get loose. If you can't get loose after 1000 yards, then get out and think positive.
- Get the pool wired. Learn the walls and flags. Rehearse your race slooowly.
- don't do anything stupid like sprint in the sprint lanes or show off how fast you are. Do not practice starts until you are thoroughly warm and loose. Put on warm clothes and rest for at least 15 minutes. Don't stand around and talk half naked. At the meet, over 80% of your energy is spent keeping warm. Nothing is as slow as a chilled sprinter.

AFTER EACH EVENT.

Immediately after you swim each race, go over to the unused section of the pool and cool down with a few lengths, thinking about what went right. Visualize your next race as being perfect.

Get out, put on warm clothes, drink water, you'll have 1/2 hour to rest. About 10-20 minutes before the 100 IM eat your 1/2 candy bar. It may not make you swim faster but will sure brighten your outlook, which can't hurt.

CHANNEL YOUR ENERGY.

I have discovered that when the guys in the lanes next to me have good times, I have good times. We are all trying as hard as possible and if I touch the wall first I thank them because they have inspired me to do my best. I go to meets not for awards or to defeat others, but to be inspired. There is always someone faster than you. The winners are those who channel their energy to challenge themselves, to produce the best time possible.

Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #375-03

Eligibility: Currently registered USMS swimmers, 18 years and older.

Unregistered swimmers must submit a 2005 registration form and fee with this form.

Hosted by: Chehalem Swim Team

Location: Chehalem Aquatic Center
1802 Haworth
Newberg, OR 97132

25 yards ~ 6 lanes competition-electronic timing
separate warm-up/down area

DATE: Saturday and Sunday March 5-6, 2005

WARM-UPS: 9AM
MEET STARTS: 10AM
(BOTH DAYS)

Meet Director: Carlea Ladrini • Phone 971-506-4873 • e-mail cladrini@yahoo.com

Directions to Pool: I-5 north or south, take exit 289 (99W or Pacific Hwy). Go west on 99W until you reach Newberg. In Newberg, turn Right on Villa Rd. (Walgreens will be on your left). Turn Right on Haworth and the pool is on the right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT 2005 USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY FEBRUARY 18, 2005



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY ✂

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2005 USMS # _____

USMS CLUB (OREG, MACO, PNA, ETC) _____

IS THIS YOUR FIRST MASTERS MEET? ____ Yes ____ No

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS, NO MORE THAN 5 PER DAY, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500, 1000 & 1650 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.**

SATURDAY, MARCH 5

1000 FREE (1) _____ : _____ . _____

*** break- 20 min. warm-up*** (event 2 will start no earlier than 11am)

50 FLY (2) _____ : _____ . _____

200 BACK (3) _____ : _____ . _____

100 FREE (4) _____ : _____ . _____

100 IM (5) _____ : _____ . _____

*** break***

FREE RELAYS (6-11)

50 BACK (12) _____ : _____ . _____

200 FLY (13) _____ : _____ . _____

100 BREAST (14) _____ : _____ . _____

MIXED MEDLEY RELAYS (15-16)

*** break***

500 FREE (17) _____ : _____ . _____

SUNDAY, MARCH 6

400 IM (18) _____ : _____ . _____

50 FREE (19) _____ : _____ . _____

200 BREAST (20) _____ : _____ . _____

100 FLY (21) _____ : _____ . _____

*** break***

MIXED FREE RELAYS (22-24)

200 IM (25) _____ : _____ . _____

50 BREAST (26) _____ : _____ . _____

200 FREE (27) _____ : _____ . _____

100 BACK (28) _____ : _____ . _____

MEDLEY RELAYS (29-32)

*** break***

1650 FREE (33) _____ : _____ . _____

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

SAVE THE DATE TO HEAR THE “FASTEST SWIMMER IN THE WATER”

The Canby Swim Team, host to the Association Championships and Oregon Masters Swimming are both excited to welcome Tom Jager, once called the “fastest swimmer in the water” as the 2005 Association banquet speaker. Tom will be speaking on April 2nd starting at 6pm at the Clackamas County Fairgrounds.



Photo by George Olsen

Tom swam in the 1984, 1988 and 1992 Olympics and was the first swimmer to break the 5 miles an hour barrier. According to ISHOF, *“Tom’s trademark racing starts, in which he was first off the blocks using clean powerful strokes, catapulted him into the international spotlight. At times sharing the spotlight with Hall of Famer Matt Biondi, Jager dominated the 50m freestyle sprint event in the 1980s and early 1990s, becoming a six-time World Record holder.”*

Tom is now a professional motivational speaker and speaks to other athletes at several camps.

Hearing Tom speak is a once in a lifetime opportunity that no one will want to miss. Save the date for April 2nd, and register to attend the banquet on the Association Championships entry form. Forms will be available in the February and March editions of the Aquamaster as well as on the OMS web site www.swimoregon.org.

Association Championship Entry Blank and Information Page

not Available at Press Time.

Save the Date - April 1,2 and 3 for this Great Yearly Event!

Entry Blanks will be available in the February and March Issues of the Aqua Master.

The Entry Blank and Information Page will have been posted on line by the time you receive this January Aqua Master.

Make sure you have registered for 2005 and save these dates!



2005 United States Masters Swimming Annual One Hour Postal Swim

Sanctioned by Greater Indiana LMSC,
Sanction # 165-0001

DATE: All swims must take place during January 2005.

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five-yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for the 2005 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2005 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

INDIVIDUAL EVENT: Men and women separately will compete as individuals in the following age groups: 19-24, 25-29,...100+. The swimmer's age on the day the event is swim determines the entrant's age for the One Hour Swim.

RELAY EVENT: Two team relay events will be contested: (1) a 3 swimmer, same gender team and (2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+, ..., 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached team are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

CLUB EVENT: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and USMS Long Distance Committee Chairman. Relay yards will not be counted.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 3 relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

RULES: Drafting, floatation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 to 2760). (See previous Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group.

FEES: Individual entry fees are US \$6 per swimmer for (US \$10 for non-US Swimmers). Team entry fees are US \$18 per relay (US \$18 for non-US entries). All fees are non refundable. Make checks payable to YMCA Indy SwimFit and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2005.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

T-Shirts: A 2005 USMS One Hour Postal National Championship t-shirt is available at a cost of \$17. (International orders please add US \$5 postage for each shirt).

MORE INFO: Address questions to:

Mel Goldstein, Event Director
5735 Carrollton Ave
Indianapolis, IN 46220 USA
317-253-8289

Email: goldstein@mindspring.com

Relay Entry Form- Use Only for Relay Entries

Relay Type: Age Group _____ F M Mixed
(Circle One)

Club Name _____ Contact Person _____

Mail Results/Awards to

Contact Address: _____ City: _____

State: _____ Zip: _____ Country: _____ Club Abbreviation: _____

Swimmer # 1: _____

Gender Age Yards Swum

Swimmer # 2: _____

Gender Age Yards Swum

Swimmer # 3: _____

Gender Age Yards Swum

Swimmer # 4: _____

Gender Age Yards Swum

Total Team Yards: _____

Please Note:

Team Entry Fees: US \$15 (\$18 for non US entries). Payment in US\$ from US Bank or international Money Order Only.

Team Entries must include the original or copies of Individual entry form or the relay will be disqualified.

2005 USMS One Hour Postal Swim National Championship Individual Entry Form

Name _____ USMS Reg. Number _____
(As it appears on registration card) (Include copy of 2005 USMS card)
 Address _____ Phone _____
 City _____ State _____ Zip _____ Gender M F
(Circle One)
 E Mail Address _____ Age _____ Birth Date _____
(MM/DD D/YY)
 Club _____ Club Abbr. _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of the risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

I swam this event in a 25 yd _____, 25m _____, 50m _____ pool. Distance in meters _____ meters x 1.0936= _____ yards.
(If you have swum this event in a 25m or 50m pool, the conversion to yards is distance in meters x 1.0936, rounded down to the nearest 5 yards increment)

I certify that I have read the rules of this competition and that on _____ I swam _____ yards at _____
(Date) (Distance Swum) (Pool name / City)

<p>Swimmer's Signature _____</p> <p>Entry Fee \$6.00 (US Only) \$10.00 (International/Non US) = \$ _____</p> <p>T-shirt order: Indicate T-shirt Quantity Ordered: \$15/Shirt = \$ _____</p> <p>International @\$20/shirt: (includes shipping) = \$ _____</p> <p>Small _____ Medium _____ Large _____ X-Large _____ XX Large _____</p> <p>TOTAL (US\$) = \$ _____</p>	<p>Verifier's Signature _____</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Include: Masters 2005 Registration Card Official Entry form and split sheet Make Checks Payable To: YMCA Indy SwimFit Send Entries To: One-Hour Postal Swim c/o Mel Goldstein, 5735 Carrollton Ave., Indianapolis, IN 46220 USA</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Awards: Please Check if you <u>DO NOT</u> wish to receive your Championship Medal and or Patch <input type="checkbox"/></p> </div>
--	--

Results: Electronic via email address listed above ☐

Paper results via US Postal ☐

Record Split Entries Using CUMULATIVE split times to the nearest second and tenth or hundredth.										
50		1050		2050		3050		4050		5050
100		1100		2100		3100		4100		5100
150		1150		2150		3150		4150		5150
200		1200		2200		3200		4200		5200
250		1250		2250		3250		4250		5250
300		1300		2300		3300		4300		5300
350		1350		2350		3350		4350		5350
400		1400		2400		3400		4400		5400
450		1450		2450		3450		4450		5450
500		1500		2500		3500		4500		5500
550		1550		2550		3550		4550		5550
600		1600		2600		3600		4600		5600
650		1650		2650		3650		4650		5650
700		1700		2700		3700		4700		5700
750		1750		2750		3750		4750		5750
800		1800		2800		3800		4800		5800
850		1850		2850		3850		4850		5850
900		1900		2900		3900		4900		5900
950		1950		2950		3950		4950		5950
1000		2000		3000		4000		5000		6000

Total Yards: _____



Local Team Registration

This form must be postmarked by the entry deadlines of the 2005 OMS Association Championship and the 2005 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

TEAM NAME _____ **ABBREVIATION** _____

TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

Rep. Name _____

Address _____

Phone 1 _____ **Phone 2** _____

Email _____

TEAM INFORMATION

Number of swimmers on team _____

Workout Schedule _____

COACH INFORMATION

Coach Name _____

Address _____

Phone 1 _____ **Phone 2** _____

Email _____

POOL INFORMATION

Pool Name _____

Address _____

Phone _____

Mail to: Tia Sitton, Membership Chair, 42455 N River Dr. Sweet Home, OR 97386
email - tsitton@samhealth.org



OREGON MASTERS SWIMMING

UNITED STATES MASTERS SWIMMING

YEAR 2005 REGISTRATION

☐

Renewal - 2004 USMS # _____

☐

New Member

Last Name:

(Please register with the name you will use for competition.)

First Name:

M.I.:

Address:

City:

State:

Zip:

Phone:

Date of Birth:

Age:

Sex:

☐ M

☐ F

E-mail Address: _____

☐ Electronic Delivery (I prefer to receive the Aqua Master electronically)

Do you coach a

Yes ☐

Masters Team

No ☐

Club: OMS is comprised of two clubs or you may register unattached.

☐ OREG

☐ MACO

☐ UNATTACHED

(Unattached members cannot swim in relays)

Local Team: Choose name and abbreviation from list below (Name) _____

(Abbreviation) _____

REGISTERED FOR 2005

Circumnavigating Beavers

CBAT

Columbia-Willamette YMCA

CWY

Oregon Wetmasters

OWET

Columbia Gorge Masters

CGM

Corvallis Aquatic Masters

CAT

Parkrose Masters Swim Team

PMST

Grass Valley Masters

GVAM

Downtown Athletic Club

DAC

Pendleton Masters

PEND

Multnomah Athletic Club

MACO

Emerald Aquatics

EA

Portland Aquatic Club

PAC

Rogue Valley Masters

RVM

Eugene Nomads

EN

Portland Upstream

PUPS

Salem YMCA Masters

SYM

Fishstick Masters

FISH

Salem Courthouse Crew

SCC

Lincoln City Masters

LCM

Southern Oregon Masters

SOM

Mittleman Jewish C.C.

MJCC

Steelheads

STHD

Mountain Park Masters

MPM

Tualatin Hills Barracudas

THB

Albany Masters

ALB

Mt. Hood Masters

MHM

Umpqua Valley Masters

UVM

Central Oregon Masters

COMA

North Clackamas Masters

NCMS

Yawama Masters Swim Club

YSC

\$38.00 Single Registration: Valid November 1, 2004 to December 31, 2005. Make checks payable to OMS, Inc.

(Fee breakdown: USMS = \$20.00, (Includes \$8.00 for USMS Swimmer Magazine), OMS = \$18.00)

\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please.**\$28.00 Senior Registration (65 Years or older): Valid November 1, 2004 to December 31, 2005.****\$46.00 Two Seniors (65 years or older) at one address/One Aqua-Master. One Registration Form per member please.**

Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

☐ I have added a contribution of \$_____ for Oregon Masters Swimming. We value your support!

☐ I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.

☐ I have added a contribution of \$1.00 (or \$_____) to the United States Masters Swimming Foundation.

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Signature: _____

Date: _____

MAIL TO: DARLENE STALEY, OMS REGISTRAR, 8590 SW CHARLOTTE DRIVE, BEAVERTON, OR 97007

This form is available on the OMS website: www.swimoregon.org

2005 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
Jan 1	New Years Day Swim	MAC Club	Laura Tyrrell tyrrell3708@msn.com
*Jan. 22	SCY - Animal Meet	Canby, OR	Ken Schuh kdschuhmeister@aol.com
*Feb. 19	SCY - Pentathlon	Beaverton - T Hills	Rich Minter rich.minter@intel.com
*Mar. 5-6	SCY	Newberg, OR	Carlea Ladrinl cladrini@yahoo.com
April 1-3	SCY - Assn. Champs	Canby, OR	Ken Schuh kdschuhmeister@aol.com
April 8-10	SCY - Zone Champs	Federal Way, WA	Hugh Moore swimmoore@comcast.net
April 30	SCY - (afternoon)	Hood River, OR	Shelly Rawding hrvst_coach@hotmail.com
July 9-10	LCM - St. Games	Mt. Hood C.C.	Colette Crabbe colettecabbe@hotmail.com
Sept. 11 Patriot Games	SCM Pentathlon + Relay	Camas, WA	Bert Petersen petersen@exchangenet.net
National Championships			
May 19-22	SCY Nationals	Ft. Lauderdale, FL	www.usms.org
Aug. 10-14	LCM Nationals	Mission Viejo, CA	www.usms.org
Postal Championships2005			
*Jan. 2005	1 Hour Postal	Indiana	www.usms.org
International Championships			
World Masters Games - July 22 - 31, 2005		Edmonton, Canada	http://www.2005worldmasters.com/
FINA World Masters Championship - August 2006			Stanford, California
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Board Meetings			
All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher or Sandi Rousseau, OMS Co Chairs, for more details.			
Jan. 22	12:00 Noon	Canby (Animal Meet)	Apr. 27 7 PM NIKE
Feb. 19 (30 min. after the last event)		Beaverton (Pentathlon)	June 1 7 PM NIKE
Apr. 1 5:00 PM (approx.)		Canby / Association Meet / General Membership Mtg.	July 10 10:00 AM MHCC (State Games)
			Aug. 24 7 PM NIKE
			Sept. 28 7 PM NIKE
			Oct. 7 7:00 PM Portland (Board Meeting)
			Oct. 8 9:00 AM Portland (Board Retreat)
			Oct. 26 7 PM NIKE

Aqua Master
January 2005

Oregon Masters Swimming, Inc.
5832 SE Woll Pond Way
Hillsboro, OR 97123-6970

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Inside: Results - NW Zone SCM Championships